



**Mitchell E. Daniels, Jr.**  
*Governor*

**Gregory N. Larkin, M.D., F.A.A.F.P.**  
*State Health Commissioner*

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Dear Teacher:

Enclosed you will find a wealth of competency-based curricula materials on fetal alcohol spectrum disorders (FASDs) tailored to student grade levels and academic disciplines. You will also find a presentation for faculty and staff training. These materials are ready for use in your classrooms.

As you probably know, fetal alcohol syndrome (FAS) is the most common cause of mental retardation in our society affecting about one out of every 500 children. Furthermore, alcohol consumption during pregnancy can produce less severe forms of FAS, spawning a spectrum of conditions called FASDs. At the severe end of the FASD spectrum is FAS, and at the opposite are behavior and cognitive difficulties without the physical findings seen in FAS. Recent estimates indicate that one out of every 100 children have some form of a FASD, constituting a staggering toll on human potential! The situation is vexing since FASDs are 100 percent preventable if women would not drink during their pregnancies.

Our organized efforts to prevent FASDs in Indiana began about eight years ago when our group formed the Indiana FASD Prevention Task Force. This task force is a subcommittee of the Indiana Genetic Advisory Committee; an advisory committee to the Indiana State Department of Health. Since its inception, the task force has been meeting regularly to map out strategies for education on and the prevention of FASDs in Indiana. Among the task force's accomplishments have been a needs assessment and the development of a statewide plan for education and prevention. Its' most recent undertaking has been the development of curricula for educating middle and high school students on the dangers of drinking during pregnancy.

We strongly urge you to examine this material and incorporate this information into your teaching. Together we can make a major impact on the incidence of FASDs in the state of Indiana and the quality of life for many.

Thank you for your consideration of the enclosed material. If you have any questions, please do not hesitate to contact any member of the task force.

Sincerely,

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